



OIL SMART SUBSTITUTION CHART

• 2020 Edition •

COMPANION
TO
SYMPHONY OF THE CELLS™ & OIL SMART

A-C

C-F

Listed Oils:	Sub. 1	Sub. 2	Sub. 3
Anti-Aging	Frankincense	Hawaiian Sdwd.	Lavender
Arborvitae	Melissa	Siberian Fir	Birch
Basil	Massage Bl.	Marjoram	Coriander
Bergamot	Grapefruit	Women's Bl.	Lime
Birch	Wintergreen	Soothing Bl.	Cypress
Black Pepper	Copaiba	Juniper Berry	Melissa
Black Spruce	Siberian Fir	Helichrysum	Arborvitae
Blue Tansy	R. Chamomile	Soothing Bl.	Yarrow
Calming BL.	Neroli	Copaiba	Magnolia
Cardamom	Eucalyptus	Clary Sage	R. Chamomile
Cassia	Cinnamon	Protective BL.	Metabolic BL.
Cedarwood	Arborvitae	Patchouli	Vetiver
Celery Seed	Bergamot	Pink Pepper	Green Mandarin
Cellular BL.	Frankincense	Thyme	Clove
Centering BL.	Rose	Jasmine	Geranium
Cilantro	Coriander	Cardamom	Black Pepper
Cinnamon	Cassia	Protective BL.	Metabolic BL.
Citronella	Lemon Eucalyp.	Geranium	Rose
Clary Sage	Women's Mnth.	Women's Bl.	Coriander
Cleansing BL.	Lemon	Siberian Fir	Citronella
Clove	Protective BL.	Cassia	Cinnamon
Comforting BL.	Frankincense	Patchouli	Ylang Ylang
Copaiba	Melissa	Ylang Ylang	Clove

Listed Oils:	Sub. 1	Sub. 2	Sub. 3
Coriander	Lavender	Juniper Berry	Cardamom
Cumin	Cilantro	Cassia	Cinnamon
Cypress	Douglas Fir	Massage Bl.	Blue Tansy
Detoxification BL.	Geranium	Copaiba	Rosemary
Digestive BL.	Ginger	Peppermint	Fennel
Dill	Bergamot	Lemon	Wild Orange
Douglas Fir	Siberian Fir	Cypress	Blue Tansy
Encouraging BL.	Peppermint	Clementine	Coriander
Enlightening BL.	Grapefruit	Lemon	Melissa
Eucalyptus	Respiratory BL.	Tea Tree	Basil
Fennel	Dill	Spearmint	Digestive BL.
Focus BL.	Patchouli	Frankincense	Lime
Frankincense	Pink Pepper	Anti-Aging BL.	Fennel
Geranium	Copaiba	Detoxification BL.	Rose
Ginger	Turmeric	Fennel	Digestive BL.
Grapefruit	Bergamot	Tangerine	Wild Orange
Green Mandarin	Tea Tree	Marjoram	Lime
Grounding BL.	Black Spruce	Frankincense	Blue Tansy
Helichrysum	Soothing Bl.	Anti-Aging BL.	Myrrh
Inspiring BL.	Cinnamon Bark	Ginger	Clove
Invigorating BL.	Wild Orange	Lemon	Grapefruit
Jasmine	R. Chamomile	Rose	Ylang Ylang
Joyful BL.	Tangerine	Lavender	Clary Sage

G-L

L-R

Listed Oils:	Sub. 1	Sub. 2	Sub. 3
Juniper Berry	Detoxification BL	Coriander	Celery Seed
Laurel Leaf	Cardamom	Eucalyptus	Rosemary
Lavender	Petitgrain	R. Chamomile	Coriander
Lemon	Wild Orange	Lime	Grapefruit
Lemon Eucalyp.	Citronella	Geranium	Rose
Lemongrass	Helichrysum	Black Pepper	Dill
Lime	Lemon	Grapefruit	Tangerine
Magnolia	Lavender	Petitgrain	Neroli
Marjoram	Basil	Cypress	Massage BL
Massage BL	Basil	Cypress	Marjoram
Tea Tree	Green Mandarin	Rosemary	Eucalyptus
Melissa	Black Pepper	Lemongrass	Copaiba
Metabolic BL	Ginger	Peppermint	Cinnamon
Myrrh	Sandalwood	Spikenard	Anti-Aging BL
Neroli	Petitgrain	Melissa	Lavender
Oregano	Thyme	Basil	Cumin
Outdoor BL	Ylang Ylang	Cedarwood	Lemon Eucalyp.
Patchouli	Vetiver	Focus BL	Cedarwood
Peppermint	Soothing BL	Spearmint	Digestive BL
Petitgrain	Neroli	Lavender	Bergamot
Pink Pepper	Blue Tansy	Frankincense	Spearmint
Protective BL	Cinnamon	Clove	Copaiba
R. Chamomile	Blue Tansy	Lavender	Focus BL

Listed Oils:	Sub. 1	Sub. 2	Sub. 3
Reassuring BL	Vetiver	Lavender	Ylang Ylang
Renewing BL	Bergamot	Juniper Berry	Myrrh
Resftul BL	Lavender	Cedarwood	Ylang Ylang
Respiratory BL	Eucalyptus	Rosemary	Tea Tree
Rose	Geranium	Lemongrass	Ylang Ylang
Rosemary	Tea Tree	Neroli	Eucalyptus
Sandalwood	Cedarwood	Spikenard	Myrrh
Siberian Fir	Douglas Fir	White Fir	Cedarwood
Soothing BL	Helichrysum	Peppermint	Wintergreen
Spearmint	Peppermint	Pink Pepper	Reassuring BL
Spikenard	Myrrh	Vetiver	Patchouli
Steadying BL	Lavender	Cedarwood	Frankincense
Tangerine	Wild Orange	Grapefruit	Lime
Tension BL	Wintergreen	Lavender	Peppermint
Thyme	Oregano	Copaiba	Clove
Topical BL	Tea Tree	Geranium	Eucalyptus
Turmeric	Ginger	Cinnamon Bark	Cardamom
Uplifting BL	Wild Orange	Clove	Cinnamon
Vetiver	Patchouli	Spikenard	Cedarwood
White Fir	Siberian Fir	Douglas Fir	Blue Tansy
Wild Orange	Tangerine	Lemon	Grapefruit
Wintergreen	Birch	Soothing BL	Siberian Fir
Women's BL	Clary Sage	Lavender	Bergamot

V-W

W-Z

Listed Oils:	Sub. 1	Sub. 2	Sub. 3	Listed Oils:	Sub. 1	Sub. 2	Sub. 3
Women's Mnth.	Clary Sage	Lavender	R. Chamomile	Ylang Ylang	Jasmine	Lavender	Magnolia
Yarrow	Blue Tansy	Black Pepper	Melissa	Wintergreen	Birch	Soothing BL	Siberian Fir

Oil Blends (BL.) Key

dōTERRA Name	Secondary Name	dōTERRA Name	Secondary Name	dōTERRA Name	Secondary Name
Align®	Centering BL	Deep Blue®	Soothing BL	Purify®	Cleansing BL
Anchor®	Steadying BL	DigestZen®	Digestive BL	Rescuer®	Soothing BL
Arise®	Enlightening BL	Elevation®	Joyful BL	Serenity®	Restful BL
AromaTouch®	Massage BL	Forgive®	Renewing BL	Slim & Sassy®	Metabolic BL
Balance®	Grounding BL	HD Clear®	Topical BL	Steady®	Grounding BL
Brave®	Courage BL	Hope®	Essential Oil BL	Stronger®	Protective BL
Breathe®	Respiratory BL	Immortelle®	Anti-Aging BL	Tamer®	Digestive BL
Calmer®	Resftul BL	InTune®	Focus BL	TerraShield®	Outdoor BL
Cheer®	Uplifting BL	Motivate®	Encouraging BL	Thinker®	Focus BL
Citrus Bliss®	Invigorating BL	OnGuard®	Protective BL	Whisper®	Women's BL
ClaryCalm®	Women's Mnth.	Passion®	Inspiring BL	Zendocrine®	Detoxification BL
Console®	Comforting BL	PastTense®	Tension BL		
DDR Prime®	Cellular BL	Peace®	Reassuring BL		

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